



Grilled Chipotle-Chicken Quesadillas

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotles in adobo canned minced drained
- ☐ 8 corn tortillas (6 in. each)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup mayonnaise
- ☐ 2 cups monterrey jack cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 4 servings pico de gallo

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup cream sour
- ☐ 4 chicken breast halves

Equipment

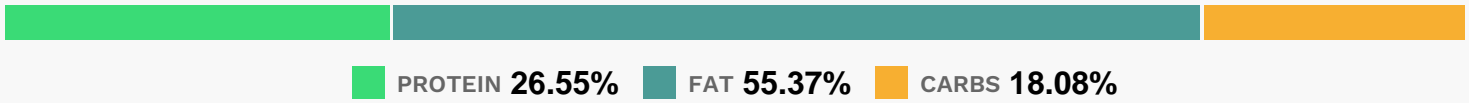
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Brush chicken breasts with olive oil and sprinkle with salt and pepper.
- ☐ Lay chicken on a grill over medium heat (you can hold your hand 1 to 2 in. above grill level only 4 to 5 seconds) or put chicken in a grill pan over medium heat. Cook chicken 4 to 5 minutes per side, or until cooked through (cut to check). Slice cooked chicken breasts into 1/4-in.-thick slices. Keep grill or grill pan hot.
- ☐ In a small bowl, whisk together chipotle chile, sour cream, mayonnaise, lime juice, and cilantro.
- ☐ Spread 1 tbsp. chipotle-lime sauce on each of the tortillas. Top 4 of the tortillas each with 1/2 cup cheese and a quarter of the chicken slices, then cover with the remaining tortillas (sauce side down). Put each quesadilla on a dinner plate.
- ☐ Slide quesadillas off the plates onto the grill over medium heat, or slide into a grill pan over medium heat (you may need to grill the quesadillas in batches). Grill uncovered, turning once, until cheese is melted and both sides are golden, about 2 minutes each side (use a large spatula and tongs to flip the quesadillas). If grilling in batches, keep finished quesadillas warm in a 200 oven until ready to serve.
- ☐ Slice each quesadilla into wedges and serve with salsa on the side.
- ☐ Cheeses: Try shredded Monterey jack, cheddar, or goat cheese.
- ☐ Meats and seafood: Set out platters of grilled chicken, steak slices, bacon, and cooked shrimp.

- ☐
- Vegetables: Round it out with canned black or pinto beans (rinsed and drained); grilled corn, peppers, summer squash, zucchini, and onions; and sliced fresh green onions.
- ☐
- Serve with the chipotle–lime sauce, pico de gallo, guacamole, and sour cream.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:10.21, Inflammation Score:–6, Nutrition Score:22.755651961202%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 620.54kcal (31.03%), Fat: 38.3g (58.92%), Saturated Fat: 15.24g (95.26%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 24.45g (8.89%), Sugar: 3.5g (3.89%), Cholesterol: 136.97mg (45.66%), Sodium: 727.78mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.62%), Selenium: 48.39µg (69.13%), Phosphorus: 666.04mg (66.6%), Vitamin B3: 12.64mg (63.2%), Vitamin B6: 1.01mg (50.69%), Calcium: 485.97mg (48.6%), Vitamin K: 27.28µg (25.98%), Vitamin B2: 0.39mg (23.23%), Magnesium: 84.15mg (21.04%), Zinc: 3.1mg (20.7%), Vitamin B5: 1.86mg (18.65%), Potassium: 587.63mg (16.79%), Fiber: 3.69g (14.78%), Vitamin A: 671.34IU (13.43%), Vitamin B12: 0.74µg (12.37%), Manganese: 0.21mg (10.46%), Vitamin E: 1.54mg (10.25%), Iron: 1.63mg (9.05%), Vitamin B1: 0.14mg (9%), Copper: 0.14mg (6.82%), Folate: 19.31µg (4.83%), Vitamin C: 3.78mg (4.58%), Vitamin D: 0.48µg (3.2%)